

**ABSTRACT**

A shut-off valve or connecting valve capable of connecting a fuel supply to a fuel cell is disclosed. The valve comprises a first valve component and a second valve component. Each valve component has an outer housing and a biased slidable member disposed inside the

5 housing forming an internal seal. During the connection process, the two valve components establish an inter-component seal. Afterward, in one suitable embodiment the slidable member moves inward and opens the internal seal in the valve component to establish a flow path. In another embodiment, the slidable member moves inward and exposes a first filler and the first filler abuts a second filler in the other valve component to establish a flow path. In other

10 embodiments, at least one valve component is sized and dimensioned to limit access to the internal seal.